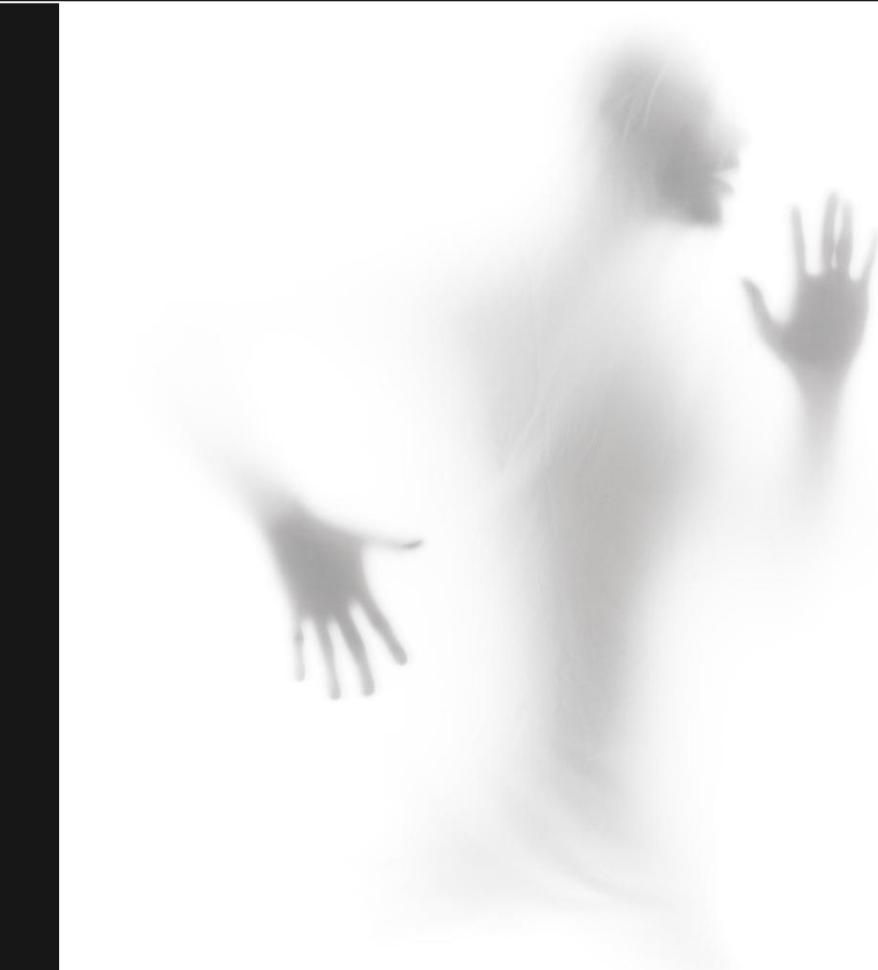


UNDERSTANDING IMPOSTER SYNDROME

Recognizing and overcoming feelings of self-doubt



INTRODUCTION

UNDERSTANDING THE FEELING OF BEING A FRAUD



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Definition of Imposter Syndrome

Imposter syndrome is feeling less competent than others perceive despite clear success and achievements.

Common Among High Achievers

High achievers often struggle to internalize success, attributing achievements to luck or external factors.

Universal Impact

Imposter syndrome affects people regardless of social status, work background, or skill level.

Path to Overcoming

Understanding imposter syndrome is the first step toward healthier self-image and confidence.

CORE ASPECTS



DEFINITION AND CHARACTERISTICS

Imposter Syndrome Defined As

Imposter Syndrome involves persistent doubt about accomplishments and fear of being exposed as a fraud.

Key Characteristics

Chronic self-doubt, intellectual fraudulence feelings, and inability to internalize success define imposter syndrome.

Emotional Impact

Imposter Syndrome causes anxiety, stress, and reluctance to take on new challenges.

COMMON CAUSES

Perfectionism

Setting unrealistically high standards can lead to feelings of inadequacy when expectations are not met.

Family Expectations

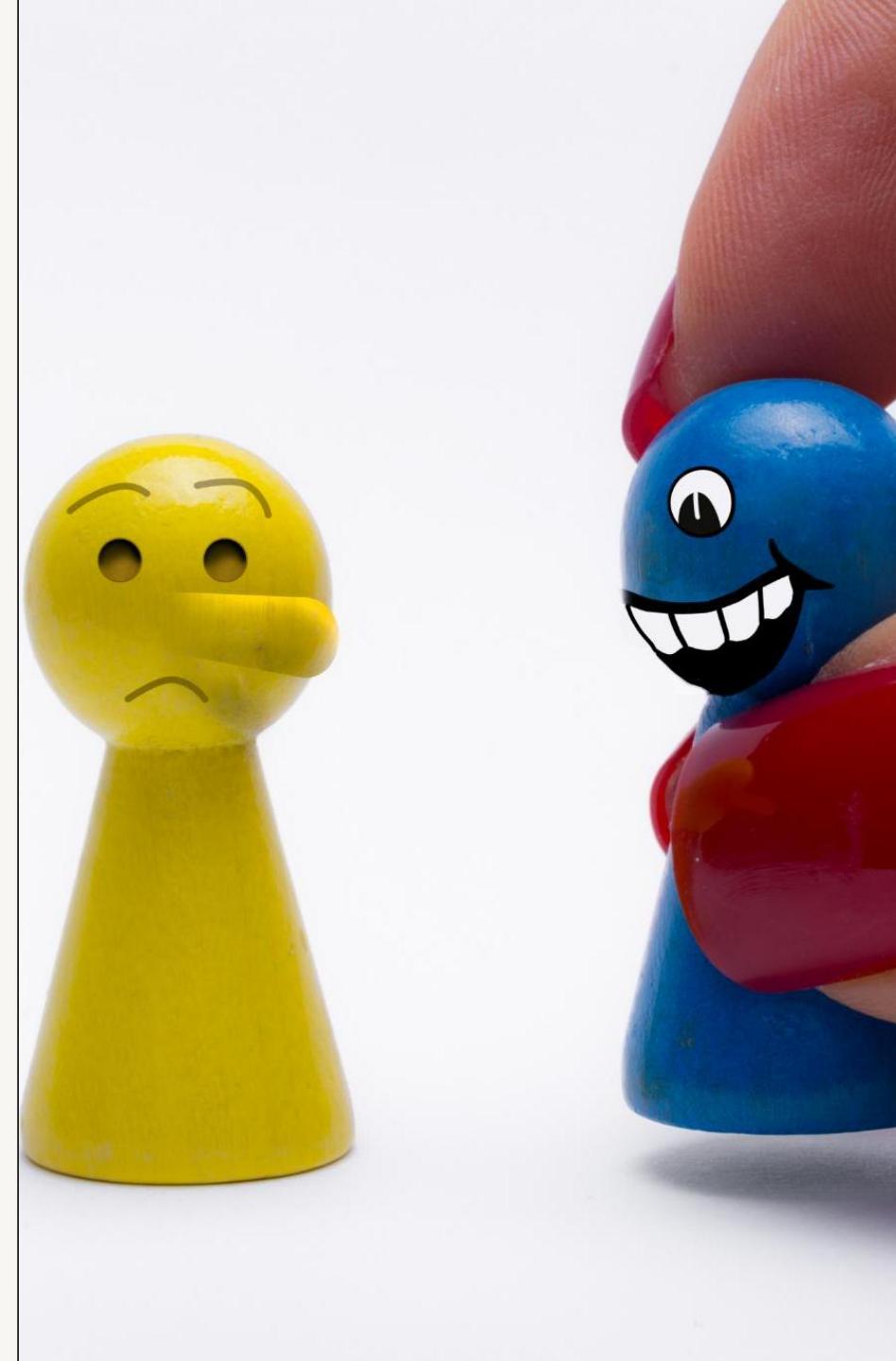
Upbringing with heavy emphasis on success can contribute to imposter feelings and pressure.

New Roles and Challenges

Facing unfamiliar tasks or roles can trigger feelings of unpreparedness and fraudulence.

Social Comparison

Constantly comparing oneself to others can increase self-doubt in competitive environments.



RECOGNIZING

SYMPTOMS AND INDICATORS

Persistent Self-Doubt

Individuals experience ongoing self-doubt that undermines their confidence and achievements.

Fear of Exposure

There is a constant fear of being exposed as a fraud despite evident success.

Overachieving and Underachieving

Some individuals overcompensate by overachieving, while others underperform to avoid failure.

Impact on Well-being

These symptoms cause stress and lower self-confidence, making accomplishment recognition difficult.



IMPACT



EFFECTS ON MENTAL HEALTH AND PERFORMANCE

Increased Stress and Anxiety

Imposter Syndrome leads to constant worry about being exposed, causing heightened stress and anxiety levels.

Risk of Burnout

Overworking to prove worth can result in burnout, damaging mental and physical health.

Decreased Self-Confidence

The syndrome lowers self-confidence, making it harder to pursue new opportunities and take risks.

Avoidance of Challenges

Fear of failure or judgment causes some individuals to avoid challenges, limiting growth and advancement.

MANAGING

COPING STRATEGIES



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Acknowledging Feelings

The first step is to acknowledge and accept feelings of imposter syndrome instead of suppressing them.

Seeking Support

Talking to mentors, peers, or trusted individuals provides perspective and reassurance.

Celebrating Achievements

Recognizing and celebrating small achievements reinforces competence and self-worth.

Practicing Self-Compassion

Treating oneself with kindness and understanding fosters a positive self-image.



TIPS FOR OVERCOMING IMPOSTER SYNDROME

Track Your Accomplishments

Keeping a record of achievements helps remind you of your strengths and progress over time.

Set Realistic Goals

Establish achievable goals to manage expectations and reduce the pressure to be perfect.

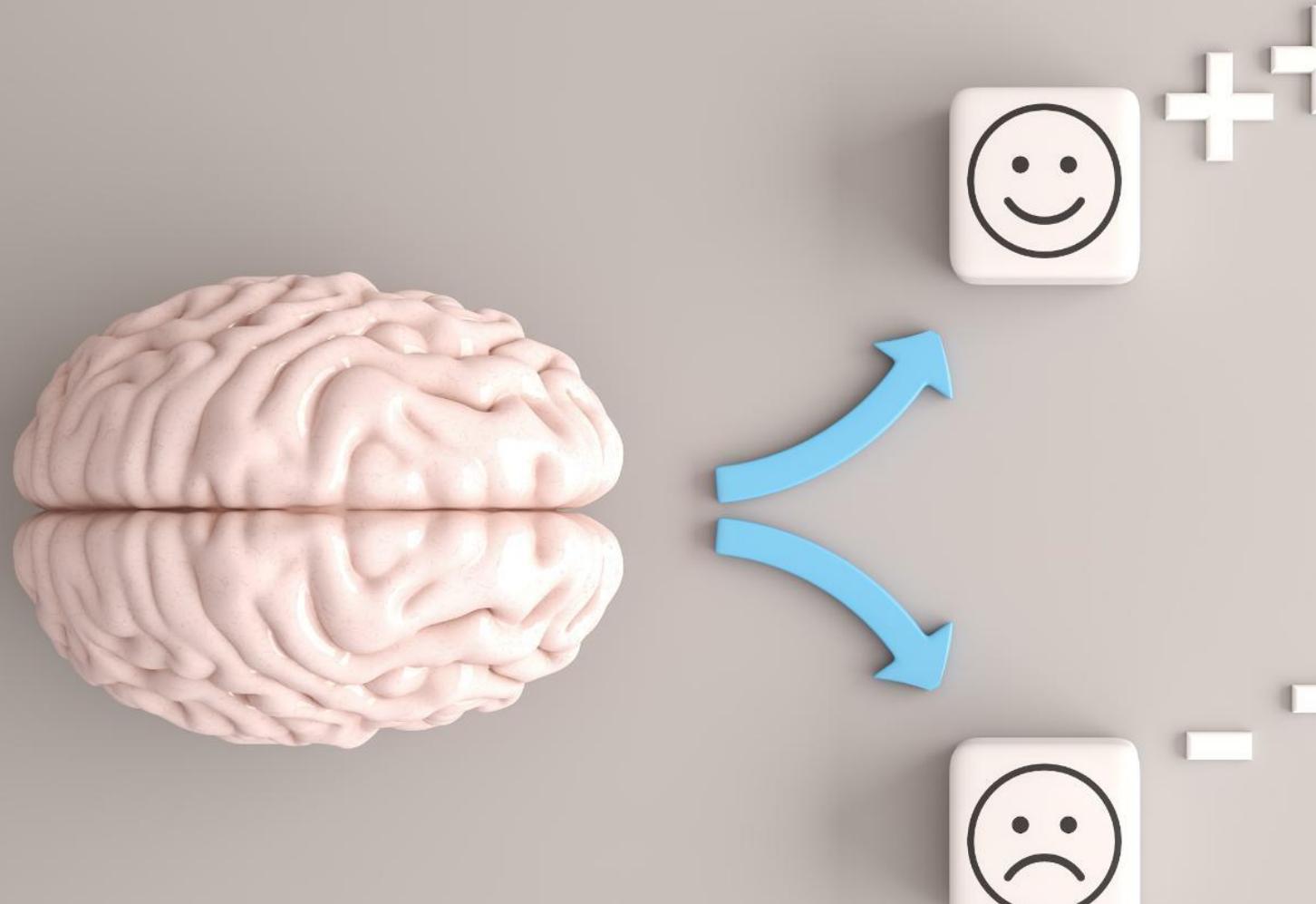
Avoid Comparisons

Focus on your unique journey instead of comparing yourself to others to boost self-confidence.

Seek Professional Support

Therapy or counseling can provide valuable insights and support in overcoming imposter syndrome.

CONCLUSION



KEY TAKEAWAYS AND ENCOURAGEMENT

Understanding Imposter Syndrome

Imposter syndrome involves self-doubt and fear of exposure despite evident success. Awareness is the first step to management.

Managing and Overcoming

Using coping strategies and seeking support helps individuals overcome imposter feelings and build a healthier self-image.

Empowerment and Growth

Encouragement and awareness empower people to embrace achievements and pursue personal and professional growth.

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THANK YOU